

CYBER SECURITY TIPS

Online shopping has continued to grow in popularity as people have begun conducting their gift buying transactions from their desktops, laptops and mobile devices. As you do your shopping online over the holidays and throughout the year, keep in mind the following tips to help protect yourself from identity theft and other malicious online activity: secure your computer and mobile devices with anti-virus software and unique passwords; use your mobile applications with caution; know your online merchants; consider using an online payment system or credit card; look for “https” before you click “purchase”; do not respond to pop-ups; do not use public computers or public wireless access for your online shopping; secure your home Wi-Fi, and; be alert for potential charity donation scams.

Monday, December 23

Jay Barrows Office Hour 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 p.m.

Knitting Class 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, December 24

NO Stretch & Balance today

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, December 25

Merry Christmas!

Senior Center Closed

Thursday, December 26

Ceramics 9:00 a.m.

Friday, December 27

Stop & Shop 8:30 a.m.

NO YMCA Exercises today

Card Making 11:00 a.m.

Cribbage 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

MEMA ISSUES WINTER POWER OUTAGE SAFETY TIPS

Severe winter weather, including heavy wet snow, freezing rain and high winds, has the potential to cause power outages throughout the region. The Massachusetts Emergency Management Agency (MEMA) has issued the following tips for dealing with a possible winter power outage: check flashlights and portable radios to ensure that they are working; if the power is out, use flashlights or other battery-powered lights instead of candles, if possible; if a storm is on the way, make sure that your cellphone, laptop and other devices are fully charged; consider purchasing a solar-powered or hand-crank charger; if you have a well-water pump that could be affected by a power outage, fill your bathtub and spare containers with water ; set your refrigerator and freezer to their coldest settings, and don't open the fridge or freezer door; have sufficient heating fuel; if you have medication that requires refrigeration, talk to your pharmacist about proper storage; if you have life-support devices that depend on electricity, let your local fire department know of the situation; keep the gas tank on your car at least half full since electricity is required to pump the gas at your local service station; if you have an emergency generator, make sure that you follow the manufacturer's instructions for operation; ensure that

your smoke and carbon monoxide detectors are working correctly; leave on one light which will indicate when your power returns; be careful of downed or hanging electrical wires when you go outdoors – always assume that a downed wire is a live wire; find out about individual assistance that may be available in your community; call your utility company to report a power outage, NOT 9-1-1; call 9-1-1 to report emergencies only; check on friends, family, seniors and neighbors, particularly those most susceptible to extreme temperatures and power outages, and; make sure to always have a well-stocked Winter Home Emergency Supply Kit that includes flashlights, portable radio, extra batteries, a first aid kit, bottled water, non-perishable food and a manual can opener. For additional information about MEMA and Winter Preparedness, go to www.mass.gov/mema

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

FOXBOROUGH AFGHANS

Are you looking for a unique holiday gift idea? Historical Town of Foxborough afghans are always available for sale at the senior center. A great gift idea for any occasion, the afghans are available in a variety of colors. The two-color afghans (cranberry & natural, hunter green & natural, Williamsburg blue & natural and navy blue and natural) are priced at \$34.95 each. Three-color afghans (Williamsburg blue, mauve & natural) are priced at \$39.95 each. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

SPECIAL EVENTS AND PROGRAMS

GARY HYLANDER HISTORY SERIES

Our favorite history professor, Dr. Gary Hylander, will be back at the senior center on January 9th to present an informational lecture on Harriet Beecher Stowe, author of “Uncle Tom’s Cabin.” The wife of a minister, Mrs. Stowe wrote “Uncle Tom’s Cabin” to express her outrage over the Fugitive Slave Law of 1850 and the malignant influence of the “slave power conspiracy.” Uncle Tom’s Cabin was the most widely read novel of the 19th century and the first American book to sell over one million copies. Praised and attacked from all sides, the novel follows the journey of Tom, a slave sold from a Kentucky plantation into the deep South. Once there, he was purchased by the brutal planter, Simon Legree, who to this day remains a dark villain in American literary history. This program is offered in partnership with Sage Educational Services. Our lecturer, Dr. Hylander, is a Professor of History at Stonehill College. He is a frequent lecturer at historical societies, libraries and professional organizations. If you are interested in joining us on Thursday, January 9th at 1:00 p.m. for this program, please call us at 508-543-1252 to sign up.

VIDEO LECTURE SERIES – HISTORY OF THE U. S. Part 2

The senior center is fortunate to have a comprehensive video library of “The Great Courses” thanks to Chuck and Wendy Kastrenos and their most generous donation of The Kastrenos Library of Illuminating Lectures. These video lectures provide the seniors with many hours of education by award winning professors on a wide variety of topics including history, science, philosophy, mathematics, literature, economics, fine arts and music, religion and better living. As part of this lecture series, we will be offering “The History of the United States” part 2 at the senior center, beginning on Wednesday, January 8th from 11:30 a.m. to 12:30 p.m. Please call us at 508-543-1252 if you’re interested in joining us on Wednesdays for an interesting and informative series chronicling the history of the United States.

JAY BARROWS’ OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, December 23rd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

SENATOR TIMILTY OFFICE HOURS

State Senator James Timilty will be at the senior center to meet with residents on Monday, January 13th from 9:00 a.m. to 10:30 a.m. This is your opportunity to meet with Senator Timilty in a casual setting and have him answer any questions you may have.

OPERATION REASSURANCE

The Operation Reassurance Program is a free service for Foxboro residents. Participants check in each day, Monday through Friday, via telephone, to ensure that they are OK. This program is wonderful for people who live alone, those confined to their home due to illness or anyone who wants the comfort of knowing someone will check on them once each weekday. Call the senior center at 508-543-1252 for more information.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene, Your Center" on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On Wednesday, December 25th and Thursday, December 26th the video of the Veterans Day celebration with the Crosswinds Quintet at the senior center will be featured. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

REGULARLY SCHEDULED

MOVIE DAY

The next Movie Day is scheduled for Tuesday, January 14th at 12:30 p.m. It's a great time to take in a good movie with friends at the senior center. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection, and then settle down with some fresh, hot popcorn to see the movie adaptation of Paul Torday's best-selling novel "Salmon Fishing in the Yemen" starring Kristin Scott Thomas, Ewan McGregor and Emily Blunt. According to the review in Amazon, this film features dedicated anglers and Middle Eastern vistas, but is a screwball comedy at heart. The British Prime Minister's press secretary (Thomas) sets the story in motion when she reads about a fabulously wealthy sheik who longs to bring fly-fishing to the dessert. She believes that cooperation with his country would be good for Britain's image, while the sheik has more altruistic goals in mind. This leads her to mild-mannered fisheries expert Alfred Jones (McGregor) who feels certain the endeavor is pure fantasy until the sheik's land agent (Blunt) brings him surprising data about the region. Initially, the two are all business as they devise a plan to create a stocked lake in the middle of the dessert, but their feelings for each other begin to rise to the surface. Just as their impossible dream appears to be coming true, a series of unexpected developments threatens the entire enterprise. If you'd like to join us for this movie, please call the senior center at 508-543-1252.

ZUMBA CLASSES

Zumba classes are scheduled again at the senior center for four sessions beginning on January 15th. Come and learn some Latin dance moves with us, and join us as we have fun while getting into shape for the new year! You will learn to move your hips to the Latin beat as our YMCA instructor Lorraine Brue leads us in this fun fitness program. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Classes will be held from 1:00 p.m. to 2:00 p.m. on the following Wednesday afternoons: January 15, 22, 19 and February 5. The cost for these four classes will be \$8.00, with payment due by the start of the first session.

BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening to books on tape will be able to enjoy this group. The group is led by Community Social Worker Pam McGuire. Our next meeting is on Monday, January 6th at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

BINGO

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, January 7th from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know that you will be joining us. This event is sponsored by the Friends of Foxboro Seniors.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on January 16th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, January 15th at 1:00 p.m. Everyone is welcome to attend these informational sessions.

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is a \$2 charge for each class. The class is open to both men and women so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

AEROBICS

This one hour class is held on Friday mornings from 9:30 a.m. to 10:30 a.m. and includes stretching, aerobics, and hand-held weights. The class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of abilities. There is a \$2 charge for this class.

CRIBBAGE

The cribbage group meets at the senior center on Fridays at 11:00 a.m. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

CERAMICS

Come and try one of our ceramics classes held at the senior center on Thursdays from 9:00 a.m. to 11:00 a.m. Mary Tetu is our ceramics instructor. Supplies are provided, and participants are only expected to pay for the pieces they choose to work on. Prices vary per piece.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to

arrange for a ride. The following is a list of other shopping trips and outings we have planned:

January 8 - Walmart

January 15 - Target

LIBRARY ACCESS SERVICES

The Foxborough Council on Aging and Human Services and the Boyden Library have a program of delivering library books, CDs, DVDs and other library materials to Foxborough residents who cannot access the library without help. The COA will deliver books and other materials that you pre-order from the library and then will return the materials to the library when they are due. Pick-up and delivery of the library materials is on Tuesdays, but additional dates can be arranged. For information on this program, please call Outreach Worker Ken Levy at the senior center at 508-543-1252, or email Ken at klevy@town.foxborough.ma.us

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, January 14th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE Program provides free and confidential health insurance information, counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. Appointments are being scheduled on January 7th and January 16th. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.

HEALTH INSURANCE QUESTIONS

In addition to the SHINE (Serving Health Insurance Needs of Everyone) Program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up an appointment.

PUBLIC SAFETY INFORMATION AND SCAM WARNINGS

A NEW WAY TO REPORT FRAUD

Fraud remains a huge and frustrating problem – encompassing predatory schemes from phony investments and bogus lotteries to identity theft and Social Security fraud – and it is often underreported, so it is hard to know the extent to which it has grown. Older people are especially vulnerable to scams, and in some cases, financial exploitation or misjudgment can be early warning signs of dementia. A new antifraud hotline has been started by the Senate Special Committee on Aging. Though this will not solve the problem of fraud, this will give harried seniors and family members a place to turn for some assistance in reporting phony schemes. A toll-free call to 1-855-303-9470 between 9 a.m. and 5 p.m. Eastern time will put you in touch with committee investigators who will funnel complaints to the proper state or federal authorities. You can also contact the investigators through the committee's website at www.aging.senate.gov/fraud-hotline.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252. Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, December 23

Chicken Cantonese with Vegetables
Penne Pasta
Wheat Bread
Pineapple

Tuesday, December 24

Sweet and Sour Meatballs
Rice Pilaf
Peas with Mushrooms
Whole Wheat Roll
Strawberry Cup

Wednesday, December 25

Christmas Day
No Meals Served

Thursday, December 26

Roast Chicken with Supreme Sauce
Garlic Mashed Potatoes
Mixed Vegetables
Multigrain Roll
Oatmeal Cookie

Friday, December 27

Tuna Salad Cold Plate
Pasta Salad
Three Bean Salad
Pita Bread
Fresh Fruit